byodo
bio vom feinsten



Sweet potato soup with crispy peas

Deliciously creamy sweet potato soup with aromatic spices, coconut milk and baked peas.

Zutaten
4 Portionen

700 g Sweet potatoes
2 Carrots (approx. 180 g)
1 red onion
1 Garlic clove
2 EL Coconut oil
500 ml Vegetable broth
1 TL Byodo sea salt
0.5 TL Sweet paprika powder
1 Msp Cardamom
1 TL Harissa
200 ml Coconut milk
40 g Peas, baked

Zubereitung

Peel and finely chop the onion and garlic. Peel and chop the sweet potatoes and carrots.

Heat the coconut oil in a pan. Sauté the onion in it. Add the garlic, sweet potatoes, carrots, salt and spices. Fry for one to two minutes. Then deglaze with the stock.

Simmer the soup with the lid half closed for 15 minutes. Remove from the heat and puree with a hand blender.

Add the coconut milk, stir in and bring to the boil briefly. If the desired consistency of the sweet potato soup is too thick, it can simply be thickened with a little extra vegetable stock. Then bring to the boil again and season to taste.

Pour the soup into deep plates or bowls and sprinkle with crispy peas.